

MR. BIG SHOT

• He may not have the physique of a sprinter, but Dylan Armstrong is Canada's best hope for a track and field medal. Watch the incredible strength of shot put athletes on Friday at 3:30 p.m. ET on CTV

• If the graceful moves of women's diving or trampolining are more your thing, Metro has the skinny on when to watch and who to root for PAGE 21

• Where can you find royalty in the Olympics? What freak accident happened to one medal? Test your knowledge of quirky Olympic facts on our London 2012 quiz at metronews.ca/olympics



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WEEKEND, August 3-6, 2012



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'She's amazing': Londoner inspires Olympic teammates

Summer Games. Coxswain Thompson-Willie burnishes Olympic legacy, collects fifth medal

It's back to the classroom for London's Les-

ley Thompson-Willie, with a fifth Olympic medal in tow.

Thompson-Willie, 52, a high-school teacher and librarian at South Secondary School, helped guide the Canadian women's eight to a silver medal in day's Olympic regatta. She is the first athlete to win five Olympic

"She's amazing," said teammate Janine Hanson of Winnipeg. "She just has an unbelievable feel for the boat and we trust everything she says. She's a driving force behind this crew and has been since, what, '79? What a phenomenal career she's had. Five medals."

The 2012 Games are Thompson-

Willie's seventh Olympics. It would have been eight had it not been for the 1980 boycott of the Moscow Games. She won silver with the four in 1984 and gold with the eight in 1992, silver in 1996 and bronze in 2000.

"Every crew is special, but this one — they worked so hard," Thompson-Willie said. "We went to win and didn't do

it, but sure are enjoying the silver. No regrets, great race."

Asked about her rowing future, Thompson-Willie said: "I don't know where from here. I'm just going to enjoy today."

But crew member Andreeanne Morin of Quebec City gave a little more insight into her coxswain's future.

"The bond that we

share together is something really special that I'll always cherish," she said, choking up as she spoke. "I thought going out in this race today, I was like, 'This is her last one. She's been at this for 35 years. I'm going to do it for her.' And I gave it my all.

"That last 500 was all heart, and it was for Lesley."

THE CANADIAN PRESS



Canada's women's eight rowing team celebrate their silver-medal performance on Thursday at the 2012 London Olympic Games. From left, Janine Hanson, Rachelle Viinberg, Krista Guloien, Lauren Wilkinson, Natalie Mastracci, Ashley Brzozowicz, Darcy Marquardt, Andreeanne Morin and Lesley Thompson-Willie. Brzozowicz and Thompson-Willie are from London. Guloien, Hanson, Marquardt and Wilkinson all train in the Forest City. For more Olympic coverage, see pages 19-21. JASON RANSOM/CANADIAN OLYMPIC COMMITTEE

No Metro on Monday

Metro will not be publishing on the civic holiday.

Tuesday in Metro:

Our pub correspondent, Laura Fortey, is spending the weekend at London's only Canadian pub, the Maple Leaf.



Ol' Man Ribber

Serving up bone-licking, belly-rubbing ribs is a way of life for the ribmasters hitting the Forest City this weekend PAGE 2



THIS WEEKEND IN VICTORIA PARK

Visit canadasbiggestparty.com for details



NEWS 1

On the web

MUNCH ado about something

Why not do MUNCH (MUNicipal CHat) at city hall? London Urban Voices blogger Chris Moss has more at metronews.ca.

Mobile news



Miss part of the Olympics? Fear not, we caught all the action in photos from the London Games. Scan the code to see our top images.

Meat the grillers. Rib season means lots of travel, and, potentially, lots of trophies

MILA PETKOVIC
london@metronews.ca

"Come get your ribs!"
"Belly-rubbing good!"
"Bone-licking!"

The ribbers are in full-throated throttle in Victoria Park on Thursday, the first day of Ribfest. Johnny Cash blares over the loud speakers while ribmaster Adam Gordon tosses his big knife in the air and catches it a few times between flipping ribs.

Gordon, 32, is a Londoner who works for Boss Hog's (450 Wharncliffe Rd. S.). He has been touring Southern Ontario during rib season (June through mid September) for eight years now. The team is set to do 21 festivals this year.

It's non-stop work in a highly competitive environment, but he says the lifestyle has its charm.

"It's fun hanging out with buddies on the road all summer, and to get out of town for a while," says Gordon.

You know about rock stars. These guys live like rib stars.

"It's definitely a lifestyle," says Boss Hog's owner Tom Diavolitsis of London. "It's like being a band, traveling and doing shows in different cities and meeting lots of people."

"It's not like a 9-5 job, where you're sitting down in an office all day."

But the hours during rib season can be grueling — employees usually work from 13 to 15 hours a day, says Gordon, as he calls out to customers from behind the fiery grill, pulling up his red bandana to keep the smoke out of his face.

"You love it when you are young and vibrant, but it takes its toll as your get older," says Diavolitsis, 35.

Diavolitsis says what makes Boss Hog's ribs special is the stage cook, the smoking process and premium rub or spices they put on the meat. They see themselves as fierce competitors, bringing in 21 first-place finishes at 19 events in 2011. So far this year, they have won 25 awards at nine Ribfests.

One of the organizers of the London event, Cecil Hillier, says they look far and wide to bring the very best ribbers to the Forest City's festival.

"Every year, the event gets bigger and better, and we get more and more applications coming in than previous years," says Hillier.

Kentucky Smokehouse took home the title of best ribs last year.

But Ribfest is more than just ribs, says organizer Ruby Hillier. There are more than 250 vendors and only 10 of those are the ribbers.

"There are always new vendors to try," she says. "You can get smoked meat, hamburgers, chicken, roasted potatoes, kettle corn, Indian food, fresh fruit drinks, salads—you name it."

The festival also features live music, carnival rides and a beer garden.

Ribfest deets

- Ribfest runs daily at Victoria Park from 11 a.m. to 11 p.m., until and including the civic holiday Monday when they close at 10 p.m.
- It features 75 bands, 100 food booths, rides, a beer garden and 250 exhibits. Annually, 200,000 people attend and the event is free.

Rafferty. Convicted child killer appeals conviction

Michael Rafferty, the man sentenced to life for the killing of eight-year-old Tori Stafford, is appealing his conviction on grounds the judge failed to properly instruct the jury.

In the appeal received by the Court of Appeal for Ontario on July 26, Rafferty says the "jury failed to apprehend the evidentiary requirement to convict for first-degree murder."

If a new trial is ordered, he would like a trial by jury, Rafferty wrote from prison. Rafferty missed the 30-day deadline to appeal his conviction but asked for an extension, attributing the delay to

One-day decision

- Rafferty's trial, with shocking twists and turns, lasted 10 weeks. The jury took about a day to render a guilty verdict.

"inability to use the telephone to contact legal counsel."

Rafferty, 31, was sentenced May 15 in the abduction, rape and murder of the young Woodstock girl.

It is not uncommon for those sentenced to life to appeal. **TORSTAR NEWS SERVICE**



Boss Hog's ribmaster Adam Gordon slathers up succulent racks of ribs at London's Ribfest in Victoria Park on Thursday. MILA PETKOVIC/FOR METRO

Long weekend

What's open/ closed on civic holiday

Stores and services operate as usual on the Saturday and Sunday of this long weekend.

On Monday, Aug. 6, banks, schools, government offices and post offices will be closed. There will be no mail delivery within the city.

There is no garbage pick up, but it will resume on Tuesday, Aug. 7. Recycling collection runs as scheduled.

LTC is running on a holiday/Sunday schedule.

If you are looking to re-

plenish your stock of brews, some Beer Store locations are open within the city from 11 a.m. until 5 p.m., including: 552 Hamilton Rd., 1600 Dundas St. E, 155 Clarke Rd., 414 Wharncliffe Rd. S., 1199 Oxford St. W, 1080 Adelaide St. N, 1067 Wellington Rd. S and 1727 Richmond St.

Most grocery stores, malls and some pharmacies are open for the day, some with reduced hours (Masonville Mall from 10 a.m. to 5 p.m., White Oaks Mall from 9:30 a.m. to 6 p.m., Westmount Mall 9:30 a.m. to 5:30 p.m.).

The following LCBO locations will remain open from 12 to 8 p.m.: Masonville Mall, Argyle Mall, Wonderland and Southdale and Wellington and Brady.

MILA PETKOVIC/FOR METRO

Drunk driving

DUI led to fatal collision: Police

Booze was a factor in a recent crash that killed both of the drivers involved, London police concluded.

On the night of April 10, Wayne Haggith of London was driving an SUV on Oxford Street when he crossed the centre line and struck a car driven by Dana Winterburn of Ilderton. Both Haggith, 47, and Winterburn, 49, died as a result of the crash.

According to a toxicology report, Haggith's blood alcohol content was 2.5 times the legal limit at the time of the collision. **METRO**

A desktop monitor, a smartphone, and a tablet are shown displaying various video content. The monitor shows a website with the text 'anyplace tv' and a video of two men in white suits. The smartphone shows a music video of a woman. The tablet shows a baseball player running on a field. This illustrates the concept of 'anyplace tv' where content is accessible on multiple devices.

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1 Times specified are approximations only and will vary depending on size and quality of content. Movie download time based on SD content. 2 Based on Ultimate tier. Speeds may vary with traffic, server gateway/router, computer (quality, location in the home, software and applications installed), home wiring, home network or other factors. Also see the Acceptable Use Policy at rogers.com/terms. Modem set-up: the system is configured to maximum modem capabilities within Rogers own network. 3 Based on Ultimate tier available within Rogers cable footprint as compared to competitor's highest tier service restricted to limited areas. Copyright © 2012 Columbia Pictures Industries, Inc. and Metro-Goldwyn-Mayer Pictures Inc. All Rights Reserved. ©2012 Rogers Communications.

NHL. Players flock to London for fundraiser

Montreal Canadiens recent signee, Londoner Brandon Prust, rallied up an impressive group of hockey friends — including Tie Domi, Todd Bertuzzi, David Bolland, and PK Subban — for the inaugural Prusty 4 Kids golf tournament on Thursday in support of the Kids Kicking Cancer program at London Health Sciences Centre.

Prust, and others, chatted with Metro before teeing off.



Brandon Prust, Montreal Canadiens
— On inking a \$10-million contract this summer

"I talked to (New York Rangers head coach John) Tortorella right after I signed and he said, 'Good luck, we're going to miss you. I really wanted you back.' At the end of the day, you want to go where you're really, really appreciated. I know I was in New York, but they couldn't get anywhere near Montreal."

Drew Doughty, Los Angeles Kings

— On him and teammates avoiding the infamous Stanley Cup hangover

"Obviously, we don't want to completely forget about it. We want to remember the hard things we had to overcome to

get that Cup. We're determined to not have the hangover; we want to win it again. Those feelings we had after we won it are unforgettable. Back-to-back would feel even better."



Brad Richards, New York Rangers

— On what Rick Nash should expect as an NHL

star living in New York City

"It's the best of both worlds, I find. You still have your Original Six fans, but when you're walking down the street you're a normal person in New York City. For a guy like Rick, I know he likes that. It'll fit him perfectly. He'll get the thrill of playing in front of sold-out buildings every night, but have his quiet time also."

Logan Couture, San Jose Sharks

— On his Twitter account being broken into and someone posting a porn link

"I was asleep. It was 2:15 in the morning, and I got calls and texts. People on the West Coast were calling me, saying, 'What's going on?' I've had it hacked a few times over the last couple months."

JOHN MATISZ/METRO



Some folks tired of waking up and smelling the composter

John Bailey, 74, a resident of south London for 40-plus years, left, plants himself beside Dale Harley, spokesperson for Orgaworld Canada Ltd. (4675 Wellington Rd. S.), as Harley addresses the media on Thursday. About 30 locals showed up to peacefully protest what they say is a foul odour coming from the composter's daily activities. Residents want the company to relocate, but Harley says it's not going to happen. Ward 9 Coun. Dale Henderson and MPP Jeff Yurek (Elgin-Middlesex) both dropped by the picket line to show their support. JOHN MATISZ/METRO

School boards

McGuinty could recall legislature over teacher wages

Premier Dalton McGuinty is raising the possibility he'll recall the legislature this month

to impose new wage contracts on teachers. The province has given school boards until the end of the month to reach new agreements with teachers that freeze wages for two years. McGuinty says the old contract will give teachers raises that the government can't afford. THE CANADIAN PRESS

Integrity commission

Ex-Liberal president lobbied while at Ornge: Watchdog

Ontario's integrity commissioner says former Liberal party president Alfred Apps

engaged in unregistered lobbying activities on behalf of Ontario's troubled air ambulance service, Ornge.

Apps had previously testified to a legislative committee that he "never" lobbied the government on behalf of Ornge and acted only as a legal adviser. THE CANADIAN PRESS



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2007 Suzuki SX4	\$10,000
2010 Suzuki SX4	\$11,000
2009 Saturn Astra	\$11,000
2011 Suzuki SX4	\$13,000
2011 Mazda 2	\$13,000

SUV

2007 Saturn Vue	\$11,000
2008 Kia Sorento	\$14,000
2007 Saab 97X	\$14,500
2008 Saturn Outlook	\$17,000
2008 Ford Edge	\$18,000

LUXURY

2004 Cadillac-Deville	\$8,000
2006 Saab 9-3	\$9,500
2008 Saab 9-3	\$14,000
2008 Saab Turbo X	\$19,000
2010 Volvo S40	\$19,000
2007 Acura TL	\$18,000

VANS

2003 Honda Odyssey	\$6,500
2010 Mazda 5	\$15,000
2010 Dodge Caravan	\$17,000
2011 Dodge Caravan	\$18,000
2011 VW Routan	\$18,000

SPORTY

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2007 Saturn Quad 3	\$8,500
2006 Saab 9-3	\$9,500
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Therapist tried to meet with school about Holmes: Report

Colorado shooting. Suspect James Holmes' mental state will play a key role in the murder charges against him

The university psychiatrist seeing the young man accused in last month's Colorado theatre massacre repeatedly tried to discuss her patient with a campus behavioural and security

committee nearly a month before the attack, but the group never convened, a new report said.

KMGH-TV, citing sources it did not identify, reported Wednesday that psychiatrist Lynne Fenton called members of the University of Colorado team about graduate student James Holmes in early June. It wasn't known what Fenton wanted to discuss, the station said.

Holmes dropped out of the university on June 10. He was

arraigned Monday on charges of killing 12 people and wounding 58 in a rampage at the opening of the new Batman film on July 20. Legal experts have said Holmes' mental state will play a key part in the case.

KMGH reported that campus officials did not contact Aurora police before July 20 and that the committee didn't meet to discuss Holmes because he began the process of dropping out of school.

The university said Wednesday it could not discuss the

report, citing a court order barring the school from releasing details about Holmes' yearlong tenure there.

The university confirmed that Fenton was a member of a campus Behavior Evaluation and Threat Assessment team, which was created to address behavioural problems as well as potential security issues involving members of the campus community.

THE ASSOCIATED PRESS



In this sketch, suspect James Holmes sits in court. JEFF KANDYBA/THE ASSOCIATED PRESS



Make the Commonwealth proud, young fan

Prince Harry meets a young Olympics fan at Canada House during the 2012 Summer Olympics on Thursday in London. During the surprise visit, the prince sat down with those gathered near a big-screen television to watch Canada row to a silver medal in the women's eight.

COURTESY CANADIAN OLYMPIC COMMITTEE

Vikileaks. Disgraced staffer returns to Liberal party headquarters

A Liberal staffer who resigned in disgrace after splashing the lurid details of a Conservative cabinet minister's messy divorce all over Twitter in response to the Harper government's Internet snooping bill has resurfaced with the party.

Former Parliament Hill aide Adam Carroll is now working at Liberal party headquarters. A spokeswoman wouldn't divulge details about his new gig.

A steady stream of tweets disclosing Public Safety Minister Vic Toews' divorce file spurred political intrigue on Parliament Hill earlier this

year, as speculation abounded over the identity of the person behind the Vikileaks30 handle.

Carroll quit his job in the Liberal research bureau once he was identified as the source of the account. The minister's office accused the Liberals of knowing all along that Carroll was behind Vikileaks.

"This dramatic reversal by the Liberal party suggests that Carroll acted with the full knowledge and consent of the senior ranks of the Liberal party," Toews spokesman Mike Mueller said in an email.

THE CANADIAN PRESS

UN. Annan quits Syria mission over ineffectual world intervention

Frustrated by Syria's escalating civil war, Kofi Annan announced Thursday that he will quit his high-profile role as special envoy to the country at the end of the month, giving reasons that amounted to scathing criticism of world powers' failure to unite to stop the chaos in the Arab state.

He also asserted that Syrian President Bashar Assad must leave office for the good of his country.

Annan told reporters that when he accepted the job, "which some called 'Mission Impossible'", he wanted to help find a peaceful solution to the crisis, to stop the killings of civilians and human rights abuses, as well as to place Syria on a path toward political transition.

"The severity of the humanitarian costs of the conflict, and the exceptional threats posed by this crisis to international peace and security, justified the attempts to secure a peaceful



Former Syrian envoy Kofi Annan
MARTIAL TREZZINI/THE ASSOCIATED PRESS

transition to a political settlement, however daunting the challenge," Annan said.

But the Annan told reporters that he cannot go on when the 15-nation Security Council doesn't fully back him, particularly because of the stalemate between its five veto-wielding members: Russia and China on one side, the U.S., Britain and France on the other.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
99.29¢ US (-0.19¢)

TSX
11,506.50 (-112.03)

OIL
\$87.13 US (-\$1.78)

GOLD
\$1,590.70 US (-\$16.60)

Natural gas: \$2.92 US (-25.1¢)
Dow Jones: 12,878.88 (-92.18)

Social media

8 per cent of accounts may be fakes: Facebook

Facebook says there may be as many as 83 million false or duplicate accounts on its website. The company said in a filing this week that 8.7 per cent of its 955 million monthly active users may be duplicate or false accounts. "Undesirable" accounts, such as those used for spamming, represent about 1.5 per cent of accounts. THE ASSOCIATED PRESS

BlackBerry

RIM to close stores, cut jobs

There are reports that Research In Motion will shutter its few company-owned North American retail stores and reveal details of 3,000 jobs to be cut under a previously announced restructuring plan by the BlackBerry maker. A source familiar with RIM's retailing said that the company's last existing storefront in Michigan will soon shut down, as well as nine airport locations. THE CANADIAN PRESS

Alternative energy

Candu expands deal with China

Candu Energy Inc. said Thursday it has signed an expanded agreement with China National Nuclear Corp.'s subsidiary companies to continue work on using recycled uranium and thorium as alternative fuels for new reactors. The company said the 24-month agreement is expected to result in a detailed conceptual design of an advanced fuel Candu reactor. THE CANADIAN PRESS

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SNOOP LION, A SILVER MEDAL AND TWITTER SHENANIGANS



THE LIST
Neil Morton
Metro

1 Fifty Shades of parody. My fave parody of Fifty Shades of Grey is housed on Twitter, @50Shed-sofGrey, which already has more than 70,000 followers

since launching. It describes itself as "erotica for the not-too-modern male." Sample tweet from this 'shed porn': "We tried various positions — round the back, up against a wall . . . but the bottom of the garden was the only place for a really good shed." Lol.

2 **The Campaign.** Will Ferrell and Zach Galifianakis made a stop in Toronto Monday to promote their political comedy The Campaign (out Aug. 10). They pulled out all the stops — including a red carpet screening of the movie and a visit to the Hockey Hall of Fame, where they showed up not in a limo, but on a Zamboni. Great campaigning Canadiana style.

3 @stats_canada. The hilarious new Twitter account @stats_canada pokes fun at Statistics Canada — and the whole notion of demographic statistics and what relevance they have to Canadians. With tweets like "70% of Canadians believe Gordon Lightfoot is a yoga position," and "At any given time, 3 million Canadians are on a Timmie's run," this is a 99.9999 per cent must follow.

4 **Bengals can't tweet.** The NFL's Cincinatti Bengals have been banned from tweeting during training camp at the stadium by their coach Marvin Lewis to try and help them focus while they work out the next few weeks. Holy social media crackdown! What's next? No phone calls either? I don't get it.

5 **Big Brother.** A national casting call for the first Canadian edition of Big Brother began this week. The show will launch on the Slice network this winter, and applicants can apply at bigbrothercanada.ca. I couldn't apply to the upcoming Bachelor Canada (I'm married), but maybe I'll take a crack at this — or hold out for a Real House-husbands of Canada.

6 **Jonah Lehrer.** The writer resigned from his staff writer position at The New Yorker after he admitted to making up Bob Dylan quotes for his best-selling non-fiction book Imagine. Where will Lehrer and the book go from here? The answer, my friend is blowin' in the wind. But a hard rain's a-gonna fall.

7 **Snoop Lion?** 40-year-old Snoop Dogg announced this week that, 1) he is longer rapping (he's switching to reggae) and 2) he's changing his name to Snoop Lion after a spiritual and artistic rebirth while in Jamaica where he was given the new moniker by Rastafarian priests. This is one heck of a mid-life crisis.

8 **Milos Raonic.** In an epic four-hour long Olympic tennis match, Canada's tennis star came out on the losing end to France's Jo-Wilfried Tsonga 6-3, 3-6, 25-23. The third set was three hours long. As sports journalist Bruce Arthur tweeted during the match, "17-17, Tsonga serving. What a glorious moment it will be when Raonic or Tsonga's son wins this match one day."

9 **Brady Bunch.** Fans of the 70s hit show The Brady Bunch are salivating at the prospect of the show making a comeback. With Vince Vaughn as executive producer, CBS is apparently developing a reboot of the cult comedy. If this goes well, will remakes of Three's Company, Welcome Back, Kotter and WKRP in Cincinnati be waiting in the wings?

10 **Canadian medals.** In perhaps one of Canada's most exciting Olympic-medal wins this week, our relatively inexperienced men's eight rowing team made a dramatic surge in the final 500 metres of the 2,000-metre race to overtake the hometown Brits and win a silver. Almost better than gold. Beauty moment, eh?

11 **Baby mama drama.** A new love and relationship reality series with the working title Single and Pregnant is casting in the United States for single and pregnant women. It's being cast by the team behind Jersey Shore. This could be the end of pop culture.

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Land of Arctic aliens



NICCOLÒ BONFADINI/SOLENT

Landscaping

Stunning photo of otherworldly landscape

Who is guarding the frozen north?

Judging by this mysterious photograph, these giant 'ice worms' sprouting out of the ground.

This incredible yet surreal picture actually shows trees buried in thick snow, on a landscape located close to the Arctic Circle.

Metro spoke with Italian photographer Niccolò Bonfadini on his eerie, yet striking image.

METRO

Behind the lens

- Bonfadini took this stunning shot while camping alone in Finland's beautiful Riisitunturi National Park. "I was blown away by the otherworldly landscape, everything was white as far as the eye could see. Everything was frozen," he told Metro.

- The young photographer of course faced many challenges in this barren frozen world. "What made the trip harder than average was the fact that I was completely alone. But I prefer it like that, I don't like crowds," he said. "My backpack weighed about 30 kilograms. What I ate

consisted of powdered, freeze-dried food. And the temperature can go as low as -40 C."

- "The morning I took this picture was a very special one," Bonfadini said. "I had slept with my tent on top of a hill to watch the sunrise. An eerie mist was forming around the trees, enhancing the mysterious atmosphere. The three trees were standing right in front of me. They immediately appeared to be like sentinels to me. That is why I decided to name the photograph 'Sentinels of the Arctic.'" He added: "Some thought they were volcanic eruptions and clouds. To me they seemed to be alive like



Niccolò Bonfadini SUBMITTED

frozen people."

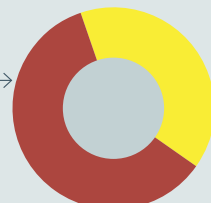
- "I used both a medium format analog camera and a Canon DSLR camera. Some graduated neutral density filters placed on the lens helped me achieve this result. By placing the filter's darker side against the sky it helped to retain more details in the lighter parts of the image by keeping their luminosity down."



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It's summer— should men get pedicures?

60%
YES, THERE'S
NOTHING
WRONG WITH
ATTENTION
TO DETAILS.



40%
NO, THE BEST
PEDICURE IS
NO PEDICURE
AT ALL.

Twitter

@cstudies:

Just had a great question:
Q: "How do I register for courses?" - A: "Online, in person, by phone, fax, or letter mail."

@MadProgrammer:

I am wearing many hats today, but the one hat I don't often get to wear is my designer hat. It's fun to have my designer hat on today.

@lisajordanw:

Final summer school exam tonight, then I intend to eat delicious meat in the park!! #RibFest #LDNont

@Em_Leighton:

Filming at the #ldnont mosque. What a beautiful space!

@pallibasher:

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Kate Beckinsale in *Total Recall*. THE CANADIAN PRESS

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MARK BRESLIN



All chase, no sci-fi

Total Recall. Too busy to be boring, this remake is a decent action flick, but falls flat as a paranoid sci-fi mind-bender

Richard: Mark, the original *Total Recall* was simultaneously beaten up on release for its level of violence and praised for its complex story. The same can't be said for the remake. The body count is still high, but the story plays more like a high-tech version of *The Fugitive* than a sci-fi mind-bender. It's a pretty good chase movie, but the sci-fi falls flat.

Mark: As does the storyline, the characters, the dialogue, and most importantly, the satire. It's too busy and kinetic to be a boring movie, but you don't care much about why all the carnage is taking

place. I loved the original, Richard, but it had a nice, slow build and was a sly "mind-bender" as you call it. I don't know why they had to attempt a remake, unless it was to see what would happen if you put a real actor in the lead. But, sorry, it's Schwarzenegger 1, Farrell 0.

RC: Farrell is much more of an everyman than Arnold was, but I thought he pulled off the running, jumping, shooting and stabbing well enough. I was more taken, though, with the female characters. The original treated women like window dressing but here Kate Beckinsale and Jessica Biel are given meaty, action-packed parts. Beckinsale uses all the tricks she learned on the Underworld movies, kicking butt and taking names in every scene she's in, and while Biel won't need to wake up early on Academy Award day, she hands a physically energetic performance.

MB: I liked Biel, but Beckinsale's one expression wore thin on me quickly. I did like the production design, though it was clearly influenced by *Blade Runner*. I liked the elevators that move vertically and horizontally, the flying cars were great (and actually looked credible), but the army of bots looked so much like George Lucas' droids that I expected Jar Jar Binks to show up in a cameo.

RC: Ha! Beckinsale may only have one expression, but it's a pretty good one. As for everything else, it seems to me the movie values violence and action above all — more than story, humour or even the legendary three-breasted hooker who is glimpsed for all of two seconds. This movie clearly appreciates bullets over breasts.

MB: Good to know where you stand on that one, Richard! I wouldn't call it a bad movie, but a missed opportunity.

Synopsis

Set in a dystopian world where most of the planet is uninhabitable, Farrell plays a troubled factory worker desperate to escape a life of grinding drudgery. Without telling his wife (Kate Beckinsale) he goes to Rekall Corp. to have a virtual vacation. They sell implanted memories, like video games for the mind. But something goes wrong and soon our hero is thrown into a deadly world of intrigue where he can't be sure what is real and what isn't.

- Richard: ●●●●
- Mark: ●●●●

Philip K. Dick, who wrote the original story decades ago, was a master of the paranoia missing from the remake, and I'm pretty sure the master would not approve.

2 SCENE

On the web



Iambic pentameter behind razor wire: Richard III goes to prisons, senior centres

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Bourne heads back to the box office

The Bourne Legacy. Actress Rachel Weisz talks to Metro about her latest flick, doing her own stunts and all that running

NED
EHRBAR

Metro World News in Hollywood

An affirmed fan of the Bourne series of movies, British actress Rachel Weisz says she needed little convincing to sign up for the latest, *The Bourne Legacy*, which sees Jeremy Renner take over for Matt Damon as a special agent going up against the secret government program that trained him.

But one thing Weisz didn't count on with playing government scientist-turned-accomplice Dr. Marta Shearing was the amount of running that would be involved.

Your character seems to have a more interesting character arc than Jeremy Renner's.

She's got a great arc. (She starts) as someone who's morally blinkered about what she's doing and is told not to ask questions, which suits her



Rachel Weisz. SUBMITTED

just fine because if she started thinking about what she was doing, I think she would know that she's very morally compromised. So to go from this morally comprised, really f—ed up scientist living in this big house without a man, and then ... to see her become a warrior — she decides that she wants to live, and she rises to the occasion, which is kind of cool.

When you first read the script, did you realize exactly how much running was involved?

No. I kind of skimmed through

the action pages and was reading the character stuff and story stuff. Because actually action sequences don't read that interesting on the page, and a lot of that was choreographed later. No, I didn't realize there was going to be that much running. It's a lot of running, a lot. I've never done anything that's this realistic, so something like *The Mummy*, for instance, is a completely different tone and genre. It's like a spoofy B-movie funny-horror-send-up kind of thing. So this required something different because it's just very, very, very realistic.

Did you enjoy the stunt work?

I did, yeah. I mean, some were terrifying. We really did almost all our own stunts, and there was no green screen, so it was real. We were shooting in real locations, so they're shutting down the freeways of Manila, and it's me on the back (of a motorcycle) holding on to Jeremy and there's 200 stunt cars driving. There's just so many elements, so many things that could go wrong. It wasn't just my ability to hold on. I wasn't acting in those scenes, I was just terrified.

LONDON TRANSIT NEWS

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MONDAY, AUGUST 6, 2012**

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in observance of the Civic Holiday.**

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Tuesday, August 7, 2012.**

my bus info

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Comedy



Diary of a Wimpy Kid: Dog Days

Director. David Bowers

Stars. Zachary Gordon, Steve Zahn

In the latest adaptation of Jeff Kinney's popular books, *Diary of a Wimpy Kid: Dog Days* focuses on lazy Greg Heffley's aimless summer vacation. Most notably, he tells his parents he got a job to cover up sneaking into a country club. Harmless but hardly inventive, the film may improve upon the franchise's previous outings, but without a solid narrative *Wimpy Kid* seems as restless as a hyperactive adolescent on summer break.

STEVE GOW

THESE PAGES COVER MOVIE START TIMES FROM FRI., AUG. 3 TO THURS., AUG. 9. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

London

Mustang Drive-In -London 2551 Wilton Grove Rd., 519-644-1160

The Amazing Spider-Man (PG) Fri-Sun 9:10 Mon-Thu 11:15
The Dark Knight Rises (PG) Fri-Thu 10:55
Dark Shadows (14A) Sun 3:35
Ice Age: Continental Drift (PG) Fri-Thu 9:15
Piranha 3DD (18A) Sun 3:45
Ted (14A) Fri-Sun 1:50
That's My Boy (18A) Fri-Sun 1:40
Total Recall (14A) Fri-Sun 11:30 Mon-Thu 9:10

Hyland Cinema 240 Wharnccliffe Road South, 519-913-0313

Bernie (PG) Fri 9:05 Sat 5 Sun 7:20
Mon-Tue 9:05 Wed 5:05 Thu 7:20
The Best Exotic Marigold Hotel (PG) Fri 12:45-6:50 Sat 1-7 Sun 12:45-5:05
Mon 12:45-4:45 Tue 12:45-6:50 Wed 12:45-7 Thu 12:45-5:05
To Rome With Love (PG) Fri 4:45 Sat 9:15 Sun 3 Mon 7 Tue 4:45 Wed 3-9:15 Thu 3
Your Sister's Sister (18A) Fri-Sat 3:15 Sun 9:10 Mon-Wed 3 Thu 9:15

Rainbow Cinemas London 355 Wellington St., 519-434-3073

Brave (PG) Fri-Tue 1:05-3:35-7:10-9:25
The Campaign (14A) Thu 10
The Dark Knight Rises (PG) No Passes Fri-Thu 12:45-3:55-7:30
Diary of a Wimpy Kid: Dog Days (G) Fri-Thu 1:15-3:30-6:55-9:10
Hope Springs (14A) Wed-Thu 1:05-3:35-7:10-9:30
Ice Age: Continental Drift (PG) Fri-



The Dark Knight Rises continues to rule the box office. HANDOUT

Thu 1-3:20-7:15-9:20
Ted (14A) Fri-Wed 1:20-3:50-7:20-9:45
Thu 1:20-3:50-7:20
Total Recall (14A) Fri-Thu 12:50-3:40-7-9:40
The Watch (14A) Fri-Thu 12:55-3:15-7:05-9:35

Western Film Room 340, UCC Building,

The Hunger Games (14A) Fri-Thu 9:05
Seeking a Friend for the End of the World (14A) Fri-Thu 7
Wellington 8 Cinemas
983 Wellington Rd. S, 519-685-2529
The Amazing Spider-Man (PG) Fri-Thu 12:30-3:30-6:30
The Campaign (14A) Thu 10
The Dark Knight Rises (PG) Fri-Tue 12:40-3-4:15-7:20-9 Wed-Thu 3-7:20
Diary of a Wimpy Kid: Dog Days (G) Fri-Thu 1:30-4:10-6:50-9:20
Hope Springs (14A) Wed-Thu 12:40-4:15-6:45-9:30
Ice Age: Continental Drift (PG) Fri-

Thu 12:50
Ice Age: Continental Drift 3D (PG) Fri-Wed 3:20-6:40-9:10 Thu 3:20-6:40
Magic Mike (14A) Fri-Thu 9:35
Step Up Revolution (PG) Fri-Thu 1:20
Step Up Revolution 3D (PG) Fri-Thu 3:50-7:15-10
Total Recall (14A) No Passes Fri-Thu 1:10-4-7-9:50
The Watch (14A) Fri-Thu 1-3:40-7:10-9:45

Cineplex Odeon Westmount & VIP Cinemas 755 Wonderland Road South, 519-474-2796

The Amazing Spider-Man (PG) Fri-Mon 12:40 Tue 1
The Amazing Spider-Man 3D (PG) Fri-Mon 3:45-6:50-10 Tue 4-7:10-10:15
The Dark Knight Rises (PG) Fri-Mon 12-2:10-3:30-5:55-7:05-9:35-10:40
Tue-Thu 1-3:20-4:40-6:55-8:15-10:30
Fri-Sun 2-3:45-6:30-7:30-10:15-10:55

Mon-Thu 1:15-3-5-6:45-8:30-10:25
Diary of a Wimpy Kid: Dog Days (G) No Passes Fri-Mon 12:05-2:25-4:50-7:15-9:45 No Passes Tue-Thu 2:15-4:45-7:15-9:40
Hope Springs (14A) No Passes Wed-Thu 2-4:30-7:05-9:35
Ice Age: Continental Drift (PG) Fri-Mon 12:15 Tue-Thu 2:30
Ice Age: Continental Drift 3D (PG) Fri-Mon 2:35-5-7:25-9:40 Tue-Thu 4:55-7:20-9:45
Step Up Revolution 3D (PG) Fri-Mon 12:10-2:40-5:15-7:45-10:15 Tue-Thu 2:40-5:15-7:40-10:10
Total Recall (14A) No Passes Fri-Mon 1:50-4:40-7:35-10:25 No Passes Tue-Thu 1:45-4:35-7:30-10:20 No Passes Fri-Sun 1:30-4:15-7-9:45 No Passes Mon-Thu 1:45-4:30-7:15-10
The Watch (14A) Fri-Mon 12:30-3-5:30-8-10:30 Tue 3-5:30-7:50-10:25 Wed 5:30-7:50-10:25 Thu 3-5:30-7:50-10:25 Star & Strollers Screening Wed 1

SilverCity London 1680 Richmond St., 519-673-4125

The Amazing Spider-Man (PG) Fri-Wed 1:30 Thu 12:05
The Amazing Spider-Man 3D (PG) Fri-Wed 4:40-7:45-10:50 Thu 3-10:45
Brave (PG) Fri-Thu 12:30-3-5:15-7:45
The Campaign (14A) No Passes Thu 10
The Dark Knight Rises (PG) Fri 2:05-5:50-9:30 Sat 11:45-3-10-6:50-10:25 Sun-Thu 2:05-5:50-9:30
The Dark Knight Rises: The IMAX Experience (PG) Fri-Thu 12-3:40-7:20-11
Diary of a Wimpy Kid: Dog Days (G) No Passes Fri 12:10-2:40-5:15-7:40-10 No Passes Sat 11:10-11:40-12:10-2:40-5:15-7:40-10 No Passes Sun-Thu 12:10-2:40-5:15-7:40-10
Hope Springs (14A) No Passes Wed-Thu 2-4:30-7:10-9:40

Ice Age: Continental Drift (PG) Fri-Thu 12:20
Ice Age: Continental Drift 3D (PG) Fri-Thu 2:35-5:05-7:25-10:05
Magic Mike (14A) Fri-Tue 12:05-2:40-5:20-7:50-10:35
Savages (18A) Fri-Wed 10:15
Sesame Street Presents: Follow That Bird (STC) Sat 11
Step Up Revolution 3D (PG) Fri-Thu 12:15-2:45-5:20-7:55-10:30

Ted (14A) Fri-Thu 12:25-3:05-5:35-8:10-10:40
Total Recall (14A) No Passes Fri-Tue 1:35-2:20-4:30-5:10-7:30-8:05-10:20-10:55 No Passes Wed 2:20-4:30-5:10-7:30-8:05-10:20-10:55 No Passes Thu 1:35-2:20-4:30-5:10-7:30-8:05-10:20-10:55 Star & Strollers Screening, No Passes Wed 1
The Watch (14A) Fri-Thu 12:50-3:20-5:50-8:20-10:50

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Robert Pattinson. ALL PHOTOS GETTY IMAGES

The circus must go on

No matter what happens between Kristen Stewart and Robert Pattinson over the next couple months, they'll be promoting the final Twilight instalment together this fall.

"While it is studio policy not to comment on the personal lives of actors, Summit is moving full steam ahead and looking forward to this November's opening of The Twilight Saga: Breaking Dawn —

Part 2," Summit's president of worldwide marketing, Nancy Kirkpatrick, tells E! Online.

"We are confident that the film delivers amazing entertainment for our passionate fans and general audiences alike."

For the first time, we're also confident Twilight will deliver amazing entertainment — can we suggest popcorn at the press conference?

J.Lo not playing around

Jennifer Lopez is suing tabloids Star magazine and In Touch Weekly for running a story alleging that her boyfriend, Casper Smart, has been spending quality time at a New York peepshow that's known to be a "gay cruising spot," according to RumorFix.

"These statements are false, malicious and defamatory. Ms. Lopez and Mr. Smart will pursue all remedies available to them under the law," an attorney for the couple says. A rep insists that Smart was actually visiting a tattoo parlour next door to the club.



Jennifer Lopez

The Word

Macaulay Culkin 'dead in six months'?

MONICA WEYMOUTH
scene@metronews.ca

Macaulay Culkin hasn't been doing much these days, but we just assumed that was because he's Macaulay Culkin.

The National Enquirer, however, claims that the actor has spent the past few years in a heroin hangover that's only getting worse.

"He's been hooked for a year and a half, and his drug of choice is either heroin or oxycodone," a source tells the paper (which, yes, we read — you're welcome).

"Mac is surrounding himself with junkies and lowlifes. It's a real tragedy."

Despite intervention, a friend tells the paper he's not listening, hence the photos of him looking gaunt and dishevelled: "His closest friends fear that he'll overdose or his heart will explode. If he doesn't get help and enter rehab now, he could be dead in six months."

Culkin's team, however, says there's no truth to the story.

"The report ... is not only categorically without merit, but it is also impossibly and ridiculously fictitious," his publicist tells E! Online.

If Culkin is struggling with addiction, we sincerely hope he gets the professional help he needs. If he isn't, well, we still sincerely hope he gets the professional help he needs — starting with a shave and ending with a trip above ground. Seriously kid, we have Girl Scout cookie ice cream up here now — join us!

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Bad girl chef Nadia G heats up your backyard

Long weekend. The Food Network star offers her tips for throwing a memorable barbecue get-together

DAN CLAPSON
life@metronews.ca

Our favourite bad girl in the kitchen, Nadia G, who is currently in the process of creating season three of her hit Food Network cooking show, *Bitchin' Kitchen*, has two cookbooks under her belt and a style that's all her own. If anyone knows how to throw a rockin' backyard barbecue this long weekend, it's Nadia!

What are some of your go-to summertime dishes?

I have a bunch of go-to dishes, but I like updating the hotdog by grabbing spicy Italian sausage and using minced giardiniera as the relish. Combining mustard with maple syrup (also gives) the hotdog a new twist.

Cooking for idiots. What is one thing someone can throw onto the grill that's virtually impossible to screw up?

Anyone can cook anything on a BBQ in foil. That's always a great trick. You're not using the direct heat and you can give the food the time it needs to cook completely.

If you had to pick: sangria, mojito or beer and why?

I'd have to say a mojito. I'm just a simple girl getting kicked out of bars in three-inch stilettos. When things have too much flavour, like sangria, it can be a bit much with



Food Network chef Nadia G. SUBMITTED

all the fruit and the wine, you also got some soda in there.

Parties can get a little rowdy sometimes. Any advice on how to politely remove a drunken idiot?

How to remove a drunk person? Yeah...I'd have no one left at my backyard party! Ha, ha, ha. What kind of party is that?

Nadia's Grilled Apricot & Feta Salad

1. Vinaigrette: In food processor, blend 4 tbsp olive oil, 3 tbsp of champagne vinegar, honey, vanilla extract, and garlic clove. Fold in the poppy

seeds, sea salt and pepper.

2. Apricots: Heat barbecue to medium-high. Baste apricot halves with olive oil. Using tongs, sear fleshy side of apricots 90 seconds, turn over to sear the skin side 1 minute. Remove them from the heat, and let cool.

3. Pickled onions: Heat saucepan over medium-high heat. Add onion slices, pour remaining champagne vinegar, stir, and simmer until onion slices turn bright pink, 30 seconds. Remove from the heat and cool.

4. Divide apricot halves equally among 4 plates. Sprinkle

each serving with 1/4 cup of crumbled feta and tablespoon of pickled onions. Drizzle with vinaigrette, garnish with mint.

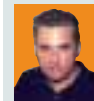
COURTESY OF NADIA G

Ingredients

- extra virgin olive oil
- 1/3 cup champagne vinegar
- 1 tbsp creamed honey
- 1 tsp vanilla extract
- 1/2 garlic clove
- 1 tbsp poppy seeds
- sea salt and black pepper
- 8 apricots (halved and pitted)
- 1/2 small red onion (sliced)
- 1 cup crumbled feta cheese
- 4 fresh mint leaves

Liquid Assets

Lip-smackin' flavours of whiskey



LIQUID ASSETS
Peter Rockwell
@therealwineguy
peterrockwell@eastlink.cca

With all due respect to wine fans, whiskey lovers are the ultimate liquid nerds who collect, study, analyze and keep to the traditions of their chosen spirit.

Much of that tradition has been tossed out the window this summer with a variety of flavoured whiskeys hitting store shelves. For all you aficionados who just called 911, they're bringing a whole new audience to whiskey.

While the Scots have held off for now, North American distillers have jumped on the infused booze bandwagon with the zeal of an audience at a Justin Bieber concert.

Now, before you go all Lemon Gin on me, I've tried them all. Know what? They're quite interesting, particularly Jim Beam's Red Stag Black Cherry Bourbon (\$26.25 - \$28.49).

Though the name alone may be enough to send some American whiskey buffs into convulsions, I was quite charmed by its nice balance of natural black cherry flavour and the bourbon's charred, upfront personality.

Cocktail options abound with the fruit aspect of the booze holding its own against many a mix.

That said, I prefer it served ice cold straight from the fridge all by its lonesome.

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3 FREE

On the Web



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MIX OF SIX
Mila Petkovic
london@metronews.ca



Blu Duby delights

Blu Duby Restaurant (32 Covent Market Place) is London's newest addition to the downtown dining scene, officially opening Aug. 9. The menu is an eclectic collection of Asian, continental and Mediterranean influences and features items from Lobster Tacos, Polenta with Sundried Tomatoes and Chorizo Sausage, to Truffle Mac and Cheese and fresh salads. With a selection of more than 22 appetizers and vegetarian options, you are sure to find something to enjoy.



Cinema under the stars

Citi Plaza is holding a rooftop film festival completely free of charge! Facebook and Twitter fans voted on their favourite movies to select the following: No Strings Attached will play on August 3 and Ferris Bueller's Day Off on August 10. Street teams will be on scene for each of the nights from BX93 and EzRock. There will be music, a trivia contest and giveaways before each movie begins at 9 p.m. The event takes place on the eighth floor of the parking garage at Citi Plaza (355 Wellington St.).



Apothecary antiques

DRUG STORE is a micro-exhibit presented by Sweet Magic London festival & McIntosh Gallery. Collector D M Tran showcases a selection of the late Mr. Eric Chapman's (of Chapman's — The Apothecary Shop, est. 1946) apothecary antiques. Located at 637 Dundas St., Old East, across from Chapman's Pharmacy, the exhibit will run throughout the month of August. The opening is August 6 from 8 to 10 p.m. and admission is \$3. There will be a free after party featuring the musical stylings of Normal Love and Holden Main at the St. Regis Tavern (625 Dundas St.).



Frog and toad friendship

The Original Kids Theatre Company is presenting the musical, A Year with Frog and Toad. The piece follows two great friends, the cheerful and popular Frog and the rather grumpy Toad and their animal and bird friends, through four fun-filled seasons. Waking from hibernation in the spring, they plant gardens, swim, rake leaves and go sledding, learning life lessons along the way. Shows take place Aug. 2-4 at 7 p.m. and Aug. 4-5 at 2 p.m. at Sprit Family Theatre (130 King St.). Tickets are available at \$11 for kids and students, and \$16 for adults online at oktc.ca/html/tickets.php or by calling 519 679 8989.



Musical healing

Playing the Sound is an event that explores how spontaneous vocal and instrumental sound can inspire imagination and heal. It starts with an afternoon workshop called The Healing Nature of Sound at 1 p.m. at Aeolian Hall (795 Dundas St. E.). The evening performance begins at 7:30 p.m. with The Electric Folklore Machine, featuring London-based electroacoustic composer Chris Meloche and poet Penn Kemp. Tickets are \$60/\$45 for the afternoon workshop and \$20/\$18 for the evening performance, with discounted prices for students, seniors & underemployed. Tickets are on sale through The Aeolian box office and online at aeolianhall.ca.



Bobnoxious and Ribfest — can't go wrong

Raging with a mixture of rock, punk and metal dubbed Two-Fisted Twisted Rock 'N' Roll, London's Bobnoxious has been said to be one of Canada's most volatile yet engaging and energetic forces. And they are playing a free and all ages show at this year's Ribfest on August 3 at 9:30 p.m. at Victoria Park. The band has performed with legendary gurus KISS and is an annual fixture at London's Santa Claus Parade, playing live atop their own float to raise money for the local Boys and Girls clubs.

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Germany's cash culture shows aversion to debt

Tough bailout stance.

Paying cash ensures you don't spend more than you have

Head to the checkout at an Ikea store in Stockholm to pay for your new leather corner sofa and with the swipe of a Visa card it's yours. Don't try that in Berlin — that'll be 1,699 euros (\$2,107 Cdn) up front, please.

It's that financial culture — a deep-seated aversion to debt and an emphasis on responsibility — that makes Chancellor Angela Merkel's headline approach to solving the European financial crisis so popular in Germany. The attitude shows up in all walks of life, from the daily trip to the store to buying a house.

The economy is so reliant on cash for transactions small and big, a way to ensure you don't spend more than you

have, that Germany pushed hard for the 500-euro note to replace its popular 1,000-mark bill when it joined the common currency.

It's one of the largest denomination notes being produced anywhere today, worth around \$620, and is even known in neighbouring France as "the German note." While even discount supermarkets in Germany happily take the big euro bill, very few shops in France will accept it. **THE ASSOCIATED PRESS**



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April through October is "canning season." ISTOCK IMAGES

Capture that summer taste in your cabinet

Canning. Think about the months ahead while you're snacking on fruit this summer

It's hard to think of canning in July, when you're still hung-over from strawberries and busy licking sticky peach fingers.

But Marisa McClellan — the crafty Philly canner behind popular blog Food in Jars and its new spin-off cookbook — urges you to think of the months ahead while you're snacking your way through the farmers market.

"If you're looking to eat more locally and want to eat fruit in January, you have to can," she says.

As we enter the peak of "canning season" — April through October — we checked in with McClellan for a little fresh inspiration.

Peaches

Go ahead and pick too many — McClellan's site is packed with peach recipes. Try a simple peach butter, or dress up traditional canned peaches with a little bourbon or brandy.

Okra

"Okra pickles are a great thing for people who aren't sure about okra — you reduce its slime factor, and it turns into something really crisp and delicious," says McClellan.

Kohlrabi

Poor kohlrabi is famous for being the last one picked during the CSA box draft. But with the help of a food processor, this little cabbage-like veggie is the perfect jar candidate.

"It's a really good one for pickling," says McClellan. "It's super crunchy, and when you toss it with a vinegary liquid it just becomes bright and crisp

and all of those things that you want in a pickle."

Apricots

"Apricots are one of those fruits that don't taste spectacular plain, but when you cook them into jam, it's spectacular," says McClellan. "Pick up a quart, cook them with a little bit of sugar and you're done."

Whatever you do with jams, don't alter the sugar ratios. "If you see a jam recipe and you think that's too much sugar, you can't change the recipe," she warns. "If you slash the sugar, you end up with syrup. It's not as if you're eating a whole jar of jam in one sitting — or, well, you shouldn't."

MONICA WEYMOUTH/FOR METRO

B.C. Fifty Shades effect heats up author's novels

Though the recent success of *Fifty Shades of Grey* may say otherwise, Susan Lyons, an author from Vancouver Island, expects BDSM themes to lose its trending power once readers get tired with a constant flood of self-published novels. When that day comes, Lyons says, a new erotic fantasy (maybe male-male sex, maybe ménage romances) will pick up the slack.

However the boom in so-called "mommy porn" has been a boon for Lyons. The royalty cheques from her many novels have been flowing in for years, but Lyons can't ignore the positive effect *Fifty Shades of Grey* has had on her business.

Lyons, who also writes as Savanna Fox and Susan Fox, entered the erotic romance industry last decade after careers in psychology and law. She has gone on to produce 13 books, as well as numerous sexy novellas.

Since the adult fiction book rose to popularity earlier this year, foreign publishers came knocking on Lyons' door.

Her next book, *The Dirty Girls Book Club*, has been picked up in Italy and the U.K. An Italian publisher has also signed up for the rights to her *Awesome*

'Mommy porn'

Fifty Shades of Grey caught the attention of its mostly-female readers with sexually explicit scenes depicting the BDSM play of its two main characters. Since its release date in 2011, it has sold more than 31 million copies and it fast earned the title of fastest-selling paperback of all time.

Commentators have termed the steamy genre "mommy porn" and authors and publishers alike are capitalizing off its effect on female readers.

But Lyons said she never planned to benefit from its popularity. *The Dirty Girls Book Club* isn't about BDSM — none of her novels are and they likely never will be.

Foursome series, which she says is like *Sex and the City* in Vancouver. Lyons says the success of *Fifty Shades of Grey* has helped publishers take notice of the gigantic market for books like hers, which tap into erotic fantasy. ELIZABETH HAMES/METRO



Susan Lyons with the cover of one of her books, written under a nom de plume. The author says that *Fifty Shades of Grey*'s fuelling of the BDSM craze will probably run out and be replaced with something else. HANDOUT

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Peyton Manning, left, leads fellow Denver Broncos quarterbacks Caleb Hanie and Adam Weber, right, off the field following the afternoon session of their training camp in Englewood, Colo., on July 26. JACK DEMPSEY/THE ASSOCIATED PRESS

New Broncos pivot manning up in camp

NFL. Peyton Manning in rare form well before start of season; finds solid target in Demaryius Thomas

Even with Eric Decker down, Peyton Manning didn't miss a beat.

Decker has been the star of the Broncos' training camp so far, but when he went out with a strained groin, Demaryius Thomas stepped up to solidify his standing in Manning's eyes and with Denver's refurbished offence.

Thomas made several big catches Thursday, even turning a rare wobbly pass from Manning into a 35-yard TD when he outleapt Drayton Florence and

Raheem Moore at the goal-line. Another time, he gave Tracy Porter a taste of the stiff-arm he used on Ike Taylor to beat Pittsburgh in the playoffs.

Whether on posts, curls or slants, Thomas was there to haul in Manning's fastballs during the no-huddle work to the delight of yet another record crowd — 5,034 — at Dove Valley.

"Well, I think Demaryius has had a really good camp even when Eric's been practising," Manning said. "Demaryius is a guy that we are going to feature. His size and strength and speed just allows you to do certain things with him that other players just can't do. And so, Eric's had a really good camp. He's just got a little tweak, hopefully he'll be back this afternoon or tomorrow."

"But I thought Demaryius

Competitive practice

Manning's timing hasn't been crimped by the steady stream of receivers hobbling off the field, however, and he said he's pleased with the progress the offence has made in the first week of training camp.

- Also helping Manning

get up to speed is a stout secondary led by Champ Bailey.

- "I've said that all along, it's a great challenge going against our defence. There's a lot of speed out there, a lot of experience," Manning said.

these last two days has really made some big plays, he's done some good things with the ball after the catch, which is what we're going to need," Manning added.

After all, Manning's game is built on finding the hole in the defence and getting the ball there as quickly as possible so his receiver can use his legs

to turn short passes into long plays.

"You can't just throw down the field every time," Manning said. "You've got to be able to take a five-yard hitch or a little 10-yard hook route and turn it into a 20-yard or a 30-yard gain and he's kind of shown those type of plays these past two days." THE ASSOCIATED PRESS

PGA

Birdies soar Furyk to top of the leaderboard

Jim Furyk finally made some birdies — a lot of them — for a 7-under 63 to take the lead Thursday in the Bridgestone Invitational.

On a warm day with little wind, Furyk took advantage of the pristine conditions at Firestone to build a two-shot lead over Lee Slattery of England after one round of this World Golf Championship.

Tiger Woods, a seven-time winner at Firestone, looked as if he might be part of the leaderboard until his last six holes. He had to lay up with his third shot on a par 5 and three-putted from 25 feet on the 18th for an even-par 70. THE ASSOCIATED PRESS



Jim Furyk
GREGORY SHAMUS/GETTY IMAGES

NHL

Four of the Russian Five to reunite in Detroit

Four players from Detroit's "Russian Five" will be on hand when Red Wings alumni take on alumni from the Toronto Maple Leafs the day before the Winter Classic.

Viacheslav Fetisov, Igor Larionov, Vladimir Konstantinov and Sergei Fedorov will participate in the festivities Dec. 31 at Comerica Park in Detroit.

THE ASSOCIATED PRESS

Mobile sports



A 37-year-old flag-bearer. A 39-year old cyclist. Sailors in their 40s. A retirement-aged show jumper. Canadians might be tempted to think the Olympics are pushing the boundaries of middle age this year, given the vintages of some of the athletes representing this country at the London Games. Scan the code for the story.

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Canadians squeak into medal match

Badminton. Duo known as 'Bruce Li' will play for bronze Saturday after eight players expelled

Canada's Alex Bruce and Michelle Li will play for a bronze medal in badminton, thanks to a shuttlecock scandal that has rocked the sport at the London Olympics.

The Toronto players were beaten by No. 4 seeds Mizuki Fujii and Reika Kakiwa 21-12, 21-13 in the doubles semifinals Thursday.

They'll play Russians Valeria Sorokina and Nina Vislova for third-place Saturday at Wembley Arena in an unlikely Olympic storyline neither Canadian could have envisioned.

The 22-year-old Bruce and 20-year-old Li — known on the badminton circuit as Bruce Li — thought their Games were over barely a day earlier, but found themselves in the semifinals after eight



Canada's Alex Bruce, left, and Michelle Li eye a shot during their semifinal match against Japan in women's doubles badminton at the 2012 Summer Olympics, Thursday. Japan won the match 2-1. RYAN REMIOWZ/THE CANADIAN PRESS

players were expelled from the competition for losing on purpose.

Canada has never qualified for the semifinals or won an Olympic medal in badminton.

The Canadians, No. 27 in the world, were prepared to head home after they finished last in their pool by a combined score of 126-52.

But two of those defeats came against teams that

were disqualified Wednesday, accused of throwing their matches to set up a more advantageous path through the medal round.

The Canadians, gold medalists at the Pan American Games last fall in Mexico, were reinstated and just hours later went on to defeat Australia's Leanne Choo and Renuka Veeran in the quarterfinals. **THE CANADIAN PRESS**

Day 6 results

MEDAL STANDINGS

THROUGH 91 OF 302 EVENTS

Nation	G	S	B	Total
United States	18	9	10	37
China	18	11	5	34
Japan	2	6	11	19
Germany	4	8	5	17
France	6	4	6	16
Russia	3	5	8	16
Britain	5	6	4	15
South Korea	7	2	5	14
Australia	1	7	3	11
Italy	3	5	2	10
Canada	0	2	5	7
Netherlands	2	1	3	6
Ukraine	2	0	4	6
Romania	1	3	2	6
North Korea	4	0	1	5
Hungary	2	1	2	5
Brazil	1	1	2	4
Mexico	0	3	1	4

WHAT CANADA DID

Thursday at the 2012 London Olympics:

BADMINTON

Women's doubles — Alexandra Bruce and Michele Li, both Toronto, lost their semifinal match to Mizuki Fujii and Reika Kakiwa of Japan, 2-1 (21-12, 19-21, 21-13), and will play the Russian team for the bronze medal.

BEACH VOLLEYBALL

Women — Annie Martin, Lachine, Que., and Marie-Andree Lessard, Lasalle, Que. (0-3 in round-robin), were eliminated after losing 2-1 to Marta Menegatti and Greta Cicolari of Italy.

GYMNASTICS

Women's all-around final — Dominique Pegg of Samia, Ont., placed 17th overall with a score of 55.565 points.

JUDO

Women's under-78 kilogram class — Amy Cotton, Montreal, lost in the elimination round to Audrey Tcheumeu, France, by Yuko, De-ashi-barai.

ROWING

Women's lightweight double sculls — Lindsay Jennerich and Patricia Obee, both Victoria, were fourth in their semifinal in seven minutes 14.83 seconds, and will race in the B-final.

Women's eights (with coxswain) — Canada (Ashley Brzozowicz, London, Ont.; Krista Guloien, Port Moody, B.C.; Janine Hanson, Winnipeg; Darcy Marquardt, Richmond, B.C.; Natalie Mastracci, Thorold, Ont.; Andreanne Morin, Quebec City; Lesley Thompson-Willie, London, Ont.; Rachelle Viinberg, Regina; Lauren Wilkinson, North Vancouver, B.C.) won the silver medal (6:12.06).

Men's double sculls — Michael Braithwaite, Duncan, B.C., and Kevin Kowalyk, Winnipeg, placed sixth in the B-final (6:32.61).

Men's fours — Canada (William Dean, Kelowna, B.C.; Anthony Jacob, Victoria; Derek O'Farrell, Montreal; Michael Wilkinson, North Vancouver, B.C.) placed fifth in their semifinal (6:08.90) and are relegated to the B-final.

SAILING

49er — Gordon Cook, Toronto, and Hunter Lowden, West Vancouver, B.C., are in 15th place after eight races with 74 points.

470 — Luke Ramsay and Mike Leigh, both Vancouver, are 25th overall with 46 points.

Finn — following the eighth race, Greg Douglas of Toronto stands 15th overall (105).

Keelboat/Star — Richard Clarke, Salt Spring Island, B.C., and Tyler Bjorn, Beaconsfield, Que., are ranked 13th (75 points).

Men's RS-X (windsurfing) — Zachary Plavsky, Vancouver, is eighth overall through six races (40).

Women's RS-X (windsurfing) — after six events, Nikola Girke of West Vancouver, B.C., is ninth (40).

SWIMMING

Women's 200 backstroke — Sinead Russell, Burlington, Ont., was seventh in qualifying (2:09.04), and earned a berth in Friday's final with the eighth-best time in the semifinals (2:08.76); Hilary Caldwell, White Rock, B.C., did not advance beyond qualifying (2:10.75).

Women's 200 breaststroke — Martha McCabe, Toronto, placed fifth in the final (23.16) — 2.24 seconds out of the bronze medal.

Women's 800 freestyle — Alexa Komarnyckoy, Victoria, placed 11th overall in qualifying (8:28.11); Savanah King, Toronto, was 15th (8:29.71); neither qualified for the final.

Men's 50 freestyle — Brent Hayden of Mission, B.C., was 13th overall in qualifying (22.15), but did not advance beyond the semifinals where he tied for 14th (22.12).

Men's 100 butterfly — 20. Joe Bartoch, London, Ont., was 20th overall in qualifying (53.09), did not advance.

SOCCER

WOMEN

QUARTER-FINALS

Friday's games — All Times Eastern

Sweden vs. France, 7 a.m.

United States vs. New Zealand, 9:30 a.m.

Brazil Japan, Noon

Britain vs. Canada, 2:30 p.m.

BASKETBALL

MEN

FIRST ROUND

Group A

Team	W	L	Pts
United States	3	0	6
France	2	1	4
Argentina	2	1	4
Lithuania	1	2	2
Nigeria	1	2	2
Tunisia	0	3	0

Group B

Team	W	L	Pts
Russia	3	0	6
Spain	3	0	6
Brazil	2	1	4
Australia	1	2	2
Britain	0	3	0
China	0	3	0

Thursday's results

Argentina 92 Tunisia 69
Australia 81 China 61
France 82 Lithuania 74
Russia 75 Brazil 74
Spain 79 Britain 78
United States 156 Nigeria 73

WOMEN

FIRST ROUND

Group A

Team	W	L	Pts
China	3	0	6
United States	3	0	6
Turkey	2	1	4
Czech Republic	1	2	2
Croatia	0	3	0
Angola	0	3	0

Group B

Team	W	L	Pts
France	3	0	6
Russia	3	0	6
Australia	2	1	4
Canada	1	2	2
Britain	0	2	0
Brazil	0	2	0

Friday's games — All Times Eastern

Angola vs. Croatia, 4 a.m.
Russia vs. Australia, 6:15 a.m.
Brazil vs. Canada, 9:30 a.m.
Turkey vs. China, 11:45 a.m.
France vs. Britain, 3 p.m.
Czech Republic vs. United States, 5:15 p.m.

SWIMMING

WOMEN

200 BREASTSTROKE

Final

1. Rebecca Soni, United States, 2:19.59.
2. Satomi Suzuki, Japan, 2:20.72.
3. Iuliia Efimova, Russia, 2:20.92.
4. Rikke Pedersen, Denmark, 2:21.65.
5. Martha McCabe, Toronto, 2:23.16.
6. Micah Lawrence, United States, 2:23.27.
7. Suzaan van Biljon, South Africa, 2:23.72.
8. Sally Foster, Australia, 2:26.00.

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Canada's Dylan Armstrong competes in the men's shot put final at the World Athletics Championships in Daegu, South Korea, last September. DAVID J. PHILLIP/THE ASSOCIATED PRESS

Armstrong ready to launch Canada onto track podium

Shot put. After missing out on a medal in Beijing by less than a centimetre, the 345-pounder has worked his way up international rankings

Dylan Armstrong has worked the last four years for this day, when he hopes to erase the disappointment of Beijing with one launch of the shot put.

The 31-year-old from Kamloops, B.C., competes on the first day of track and field Friday at the London Olympics, four years after he missed a medal by less than a centimetre and finished fourth at the Beijing Games.

Since then, the six-foot-four, 345-pound mountain of a man has worked his way up

Quoted

"He's recorded a couple of workouts that have been better than any he's had in his life."

Alex Gardiner, head coach of Athletics Canada, believes Dylan Armstrong is poised to perform well in the shot put

the international rankings, and was No. 1 in the world last year.

Armstrong is Canada's top hope for a track and field medal in London, but the shot put field is stacked, and the Canadian believes there are up to six throwers that could climb the top step of the podium — including Americans Christian Cantwell, Reese Hoffa and Ryan Whiting, ranked No. 1-3 in the world.

Athletics Canada head coach Alex Gardiner believes

Armstrong is on pace for a strong performance.

"He's recorded a couple of workouts that have been better than any he's had in his life," Gardiner said. "When I heard from him three days ago that he had a personal best in one of his training sessions, I know that he's ready. And he's honest as the day is long."

Armstrong, who's been training in Portugal since the Olympic trials last month in Calgary, has battled back from an elbow injury that kept him out of the final at the world indoor championships. He goes into the event with the eighth-best throw in the world this year — 21.50 metres. His Canadian record, set last year, is 22.21.

"He's ready, he's healthy," Gardiner said. "The elbow problem he had is gone. He's protecting his energy right now." **THE CANADIAN PRESS**



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Phelps bests Lochte for his first solo gold in London



Michael Phelps, right, and Ryan Lochte pose with their medals after the men's 200-metre individual medley final on Thursday in London, England. They finished first and second, respectively. CLIVE ROSE/GETTY IMAGES

Michael Phelps added to his medal collection with his first individual gold of the London Games, and handed Ryan Lochte a double disappointment on his rival's final night in the pool.

Phelps set the tone right from the start Thursday to become the first male swimmer to win the same individual event at three straight Olympics, capturing the 200-metre individual medley for his 20th career medal — and 16th gold. He touched in 1 minute, 54.27 seconds, just off his winning time in Beijing, but still good

enough for gold. Lochte settled for silver and Hungary's Laszlo Cseh took the bronze.

So a farewell games that started as a bit of a disappointment for Phelps is definitely looking up. He's now won two golds and two silvers in five races — not up to his standards when he went 8-for-8 in China four years ago, but a fitting caper to a brilliant career that still has two more events to go.

As soon as Phelps finished off Lochte, he hopped out of the pool and headed to the nearby diving well to warm down, knowing he still had a semi-

final of the 100 butterfly before the night was done. He was the top qualifier in that one, setting up a rematch in Friday's final against Milorad Cavic — a Serbian who still seems to think he got to the wall first in Beijing but lost by a hundredth of a second.

"Going into every call room, I said it's my last semifinal or my last prelim or my last semi of the 100 fly, so tonight is the last semi ever," said Phelps, who plans to retire from swimming as soon as he touches the wall for the final time in London. "We're kind of chalking up all

Phelps vs. Lochte

The number of medals won by the American swimmers:

- **Phelps.** Four medals — two golds and two silvers — with the chance of finishing the Games with six.
- **Lochte.** Five medals — two golds, two silvers, one bronze.

the lasts of certain things." **THE ASSOCIATED PRESS**

Bolt's chance to take over London

Track-and-field. 2008's 100-metre champion wants to be 'living legend,' but will face big test in countryman Blake

By the time Usain Bolt's showboating, record-breaking, gold-gobbling act on the track got revved up at the Beijing Games four years ago, Michael Phelps was already firmly established as the star of those Olympics.

Nothing anyone did — even Bolt's unprecedented sweep of the 100, 200 and 4x100-metre relay with best-in-history times — could possibly steal the spotlight from Phelps and his eight-gold performance in the pool.

Now it's a different story. The first week of the London Olympics left a noticeable vacancy on centre stage. As if on cue, up steps Bolt, the effervescent Jamaican sprinter who comes in with the most to win, and lose, as the 10-day athletics meet begins Friday at 80,000-seat Olympic Stadium.

Bolt wants nothing less than to become a "living legend" and is well aware



An image of Usain Bolt is projected onto the British House of Parliament during last Friday's opening ceremony. FENG LI/GETTY IMAGES FILE

that repeat victories in the two individual sprints will put him there. Of course, he'll need to be better than countryman Yohan Blake, who upset Bolt in the 100 and 200 finals at the Jamaican trials.

Win or not, Bolt is guaranteeing a good show.

"Hands down. For sure," he said. "I'm thinking this could easily be one of the fast-

Quoted



"There's no pressure. Yes, I'm the fastest man in the world right now and some people say I'm the man to beat, but when we're on the line, it's different."

Jamaica's Yohan Blake

est 100 metres anybody has ever seen, because these guys have shown a lot of potential

throughout the season. There are guys that have been running fast, especially because

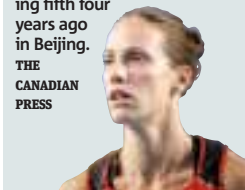
it's an Olympic year."

Bolt was coasting, thumping his chest before he crossed the finish line when he set the world record in Beijing at 9.69 seconds. At the world championships a year later, he lowered it to 9.58. Bolt and his coach, Glen Mills, both say a 100-metre run in the 9.4-second range is possible, but only if the weather in London co-oper-

Canadian hopeful

Nine Canadians compete on the first day of track and field Friday, including Jessica Zelinka of London, who is gunning for a podium finish in the heptathlon after finishing fifth four years ago in Beijing.

THE CANADIAN PRESS



ates. The forecast for Sunday's final calls for murky skies with a 30 per cent chance of rain.

Beyond Bolt and Blake, nearly every main contender in the marquee event has a good story to tell. There are Americans Tyson Gay (oft-injured, still in search of an Olympic medal) and Justin Gatlin (2004 Olympic champion, back in 2012 after a four-year doping ban), and another Jamaican, 29-year-old Asafa Powell, a former world-record holder who is still fast.

THE ASSOCIATED PRESS

3 to watch this weekend



Women's soccer

Canada plays for its first-ever spot in the final four when they battle Great Britain.

It won't be an easy one for the seventh-ranked Canadians. Britain has been a big surprise, winning all three preliminary-round games without allowing a goal.
Time: Friday, 2:30 p.m.
Channel: OLN

Women's trampoline

Karen Cockburn, pictured, will try to add to her three Olympic medals (two silver, one bronze) while Rosanagh MacLennan looks for her first.

Both Canadians are strong podium candidates.

Time: Saturday, 9 a.m. (qualification), 10:20 a.m. (final).
Channel: CTV



Women's diving

Jennifer Abel brought Canada its first medal in 2012, a bronze in the three-metre synchronized with Emilie Heymans, last Sunday. Abel will be looking for more in this weekend's three-metre individual springboard.

Time: Sunday, 7 p.m. (final).
Channel: TSN
THE CANADIAN PRESS

Swimming

Hayden bows out in 50m semifinal

Hours after winning bronze in the 100 freestyle, Hayden was back at it in the 50 freestyle Thursday. The 28-year-old from Mission, B.C., qualified for the semifinal, but finished 14th and missed the final. THE CANADIAN PRESS

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- You don't need to be having a gout attack now to participate
- The study doctor will see you monthly over the next 6-14 months
- Your medical information is kept strictly confidential, unless given your permission or except as required by law
- You may also be provided compensation to cover your time & travel expenses

kgk synergize

www.kgkclinic.com
519-858-8359

Pet Services

Pet Services

Natural Paws Pantry

A **new pet store** in northwest London offering all natural products for dogs & cats. **Including** raw food, grain free kibble, bones, an in-store natural baker of treats/cakes, toys, leashes, pet grooming and much more. Come explore!



1055 Sarnia Road W., London
www.naturalpaws.ca
519-474-6669

Place your ad in
Metro classifieds
metroclassifieds.ca
1 800 527-6767

General Services

DO YOU SUFFER FROM KNEE PAIN?

Join a clinical research trial to evaluate the effectiveness of an investigational natural health product on symptoms associated with knee pain.

Contact us now! See if you qualify.
Participants will be compensated up to \$175.00

Contact KGK SynergizeClinic: **519-858-8359**
clinic@kgksynergize.com
www.kgkclinic.com



kgk synergize

ANNOUNCEMENTS

Community Events

Volunteers in Emergency Planning

Middlesex-London Health Unit is recruiting interested citizens to join the newest team of our Community Emergency Response Volunteers (CERV).

Training begins in September, one afternoon a month.

Contact emergency@mlhu.on.ca or call 519-663-5317 X 2371. No cost.

50's 60's Dance & Car Show
SAT Aug 4th
German Club
1 Cove Rd, London
Car Show 2pm Dance 8:30pm
Info: **519-433-2579**

Gotta old couch you wanna get rid of?

Place your ad in
Metro classifieds
metroclassifieds.ca
1 800 527-6767

PLANTING NATIVE TREES:
A manly way to get The Manly Look.



Bring nature back to your city. Get involved at **EVERGREEN.CA**

Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

1 Set of Vinyl Carpenters Dovetail dies and jig \$65
1800's wooden ironing board \$75
Call (519)641-9270

Bath/Shower stool \$30 OBO
Double bed frames \$25.00
519-266-0753

Exercise equipment for sale:
barbell, 4 weights, 2 steps, exercise bike
\$50 for all
Call (519)858-0279

Lazy boy sofa, light buckskin color - \$200
Lazy boy swivel rocker, tan color - \$75
2 glass & brass tables (1 end, 1 sofa) - \$75-
\$100 Call (519)639-0708

Olympic t-shirts, 1996 Atlanta, exc. condition.
M-L - \$15 • Coca cola unopened 1996 olympic
Atlanta bottle plus paper cups - \$10
Call (519)472-8153

Starfrut Electric Potatoe Peeler
Asking \$15
(519) 641-6506

2 A1 Samsonite Suit Cases Only used 1 time. 28" x 24" x 8" & 26" x 20" x 8"; with new set of wheels. \$115.00 FIRM
(519)439-2717 ext. 870

Brand New 46 Piece Drill Bit Set
Set \$40.00
Brand New Hunting Knife \$50.00
(519)439-2717 Ext 870

GE Electric Stove
Cream color, excellent condition
\$110.00
519-476-5000

Long Strapless Red Dress
Size 5/6
Asking \$50.00
519-660-1208

Panasonic Cordless Phones 2011 Model
1 phone with base and built in answering machine. Work Excellent \$50.00 FIRM
(226)663-2051

Students computer desk with 2 drawers
Beige in color Good condition \$20.00
Animal cage \$15.00
226-663-2051

2011 GEO E BIKE
works excellent, Comes with cover and U-lock
Paid \$1000 **ASKING \$800 FIRM**
Serious Inquiries Only! **226-663-2051**

Bulova Marine Star 100 Meter
Stainless Steel Dive Watch
RETAIL PRICE \$300 Asking \$115
(519)439-2717 Ext. 870

George Foreman Grill
Works GREAT! \$30
519-641-6506

Lots of Baby Accessories
Various prices
Call 519-318-7293

Pine tv stand, 5'3 ft H, with rustic handles, glass doors, 3 drawers & receiver openings. Worth \$600, will take \$250
Call (519)639-0708 after 6pm

Weightbench, squat rack and 250lbs of weights \$50.00
Computer desk 60 x 24 Asking \$50.00
519-660-1208

• 90 pc cutlery set \$60
• space heater \$50
519-439-2717
Ext 870 (Tony)

Display Pole 9' high. Great for Trade Show Banner Ads. Perfect Condition.
Includes Accessories Reg price \$300
A steal at \$90 Please call 519-473-1091

Kenmore washer and dryer
90 Series
\$150 each or \$250 for both
519-318-7293

Mirror
Oval stand up old style
\$20
519-476-1552

Sectional Sofa Bed Oatmeal in Color.
Sears Value of \$2400 10 mths old
Selling for \$849
519-476-1552

Why wait till Winter?
Day light used for depression
2 settings & on an adjustable stand
\$60 OBO (226)663-1005

Horoscopes

♈ Aries

March 21 - April 20

You will find it hard to get through your "to do" list today — your heart is just not in it. In which case, why not take the hint and relax for a while? It's not as if you haven't earned it.

♉ Taurus

April 21 - May 21

You may be tempted to cut a deal that gives you less than you know you are worth but you are strongly advised not to do it. If you give in once, you will be expected to do it again and again.

♊ Gemini

May 22 - June 21

You seem to be at peace with yourself at the moment, which isn't something you can say too often. Wherever you go and whatever you do, nothing will faze you. If only every day could be this easy!

♋ Cancer

June 22 - July 23

If you are a typical Cancerian you will want to do something creative today, something in which you can involve both your head and your hands. It will be more exciting if you do it with like-minded people.

♌ Leo

July 24 - Aug. 23

You are in a generous mood at the moment — you want to share your good fortune with the whole world. That may not be possible but you can share it with a special few, who in turn will share it with others.

♍ Virgo

Aug. 24 - Sept. 23

Do you tell a friend what they need to hear, or what they want to hear? It's got to be the former, even though they may dislike what you say and dislike you for saying it. They'll thank you one day.

♏ Libra

Sept. 24 - Oct. 23

Find a way to escape the daily grind, if only for a few hours. You need to spend some time by yourself to get your thoughts in order and decide what you ought to do next. Clear a space for your mind.

♐ Scorpio

Oct. 24 - Nov. 22

Take time out from your busy schedule today to get to know someone who is sending you signals you cannot ignore. Could it be the start of a new romantic relationship? Yes. But it's not the only possibility.

♑ Sagittarius

Nov. 23 - Dec. 21

How often do you say the three magic words "I love you"? Not often enough. Make it your number one priority today to remind the most special person in your life that you still care deeply for him or her.

♒ Capricorn

Dec. 22 - Jan. 20

You may be a bit of a workaholic by nature but you can sense it is time to slow down. As the week draws to a close you should draw a line between work time and play time — and favour the latter.

♒ Aquarius

Jan. 21 - Feb. 19

You are in love with the world and everyone in it. Well, OK, maybe not everyone, but most people, the good people, the ones who share your desire to make the world a better place. Very few don't.

♓ Pisces

Feb. 20 - March 20

There is something you want to say but are reluctant to do so because you fear it won't go down well with loved ones. Maybe it won't, but the truth is the truth. Sooner or later, it is sure to come out.

SALLY BROMPTON

Crossword: This, That, and the Other

Across

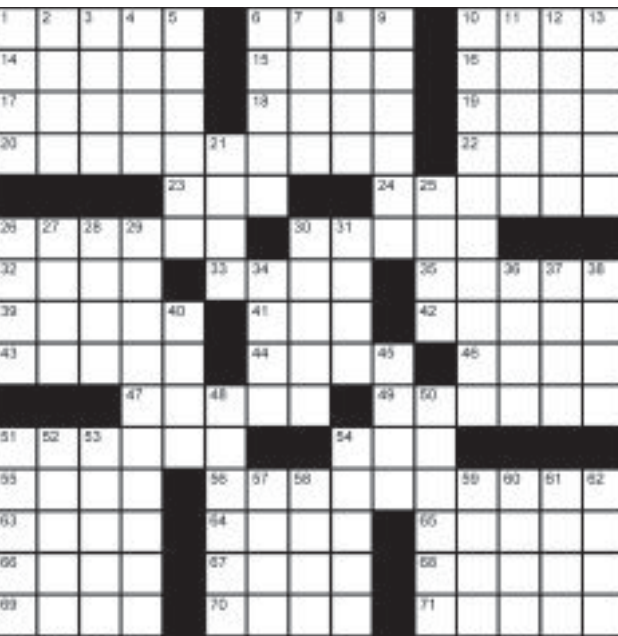
1. Apple devices with earbuds
6. Body art, slangily
10. Cabaret star Minnelli
14. Chart again
15. "Ah! Say no more"
16. "... unto us ___ is given": Isaiah 9:6, foretelling the birth of Jesus
17. From the Emerald Isle
18. Come-on
19. William Lyon Mackenzie ___: 10th Prime Minister
20. Saint John, NB-born Donald who starred in the remake of *Invasion of the Body Snatchers* and *Eye of the Needle*
22. Québec summers
23. Cowboy actor Rogers
24. Sign up for military service
26. Lowered the lights
30. Calgary Stampede, at heart
32. Operatic solo
33. 007's alma mater (as well as Ian Fleming's)
35. "Also" in Québec
39. Swedish strongman actor Lundgren (*Rocky IV*, *The Expendables*)
41. Wide wonder
42. 747 flier
43. Foot joint
44. Duo
46. Easily molded
47. ___ DeGeneres
49. Canada's best known retailer, familiarly
51. #1 1980s Blondie tune

about phoning

54. Observe
55. "___ sow, so shall ..."
56. Canada's third largest financial institution
63. Almond ___: toffee candy
64. Ripped
65. Claw
66. Artificial grass
67. Red-wrapped cheese
68. Make happy
69. "Sad to say..."
70. Fam. members
71. Sign up for more magazine issues

Down

1. Center of the eye
2. Lima's land
3. Decide not to include
4. Track sprint
5. Orb
6. Canadian actress and poker player Jennifer (Oscar-nominated for *Bullets Over Broadway*) or younger sister actress Meg
7. Largest continent
8. Nashville's state: abbr.
9. Sowed grass
10. Rocky Mountains best known vacation destination after Banff
11. "Lord, ___?": Last Supper question
12. Daydreams, with "out"
31. Acute feeling of anxiety
21. Went on horseback
25. Bimonthly tide
26. Baby's second word,



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- often
27. Clothes presser
28. Exploit
29. Toronto team
30. Mr. Bean actor Atkinson
31. "Dedicated to the ___ Love": 1961 Shirelles hit
34. CD predecessor
36. Pig
37. Davenport

38. Teeny
40. Captaincy
45. Trans-Canada Highway, in short
48. PM Pearson
50. Wintertime appliance
51. Magna ___
52. "Don't tell ___!": "Mum's the word!"
53. Du Pont trademarked stretch material

54. Plant supports
57. The Da Vinci ___
58. Spoken
59. Hay amount
60. Actor Alda
61. Brief bit of correspondence
62. Felt certain

Yesterday's crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	4	2	8	5	1	3	6	9
1	8	3	4	9	6	2	7	5
5	9	6	7	3	2	1	8	4
3	7	9	2	1	5	8	4	6
8	2	4	6	7	9	5	1	3
6	5	1	3	8	4	9	2	7
9	1	7	5	4	8	6	3	2
4	6	5	1	2	3	7	9	8
2	3	8	9	5	7	4	5	1

Today
32°/21°
Variable

Saturday
34°/21°
Thunderstorms

Sunday
36°/21°
Thunderstorms

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